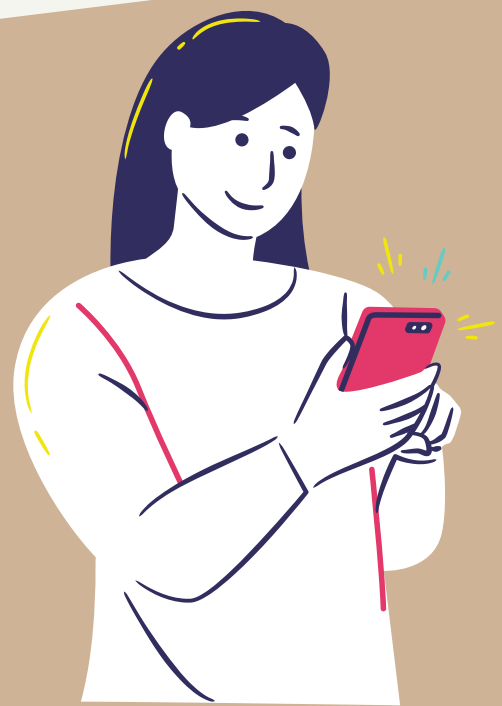


October 6th 2022

Phone Free Day

Is a non-profit initiative started by individuals who believe that shifting phone habits can have great effects on people's well-being.

www.phonefreeday.org



Why is this important

Research suggests that we can improve everything from sleep, relationships, study and work, to wellbeing and stress levels, by changing how and when we use our phones.

How is this relevant for your school or university?

Students average over 4 hours per day on smartphones, and pick it up every few minutes which is distracting, stressful and affects their mental health and study results.

Phones are a big part of life today and can be used for great things, but there is also a dark side. We want to start a conversation and challenge what has become the norm in phone usage, to improve wellbeing as well as productivity.



What can you do?

1. Start a conversation. How are we using our phones, how does this affect us, how do we feel about this?
2. Share information about Phone Free Day and encourage staff and students to sign up and create their own challenge at www.phonefreeday.org
3. Try having Phone Free zones, e.g. classes, meeting rooms, lunch area.



www.phonefreeday.org

